WHAT IS CLAIMED IS:

1	1. Footwear incorporating an illumination system, said footwear comprising:
2	a sole;
3	a translucent sole insert including at least one illumination device capable of
4	providing externally visible light;
5	a control processor capable of altering the visual characteristics of said externally
6	visible light provided by said illumination device; and,
7	a power source for providing power to said illumination device and said control
8	processor.
1	2. The footwear of claim 1 wherein said illumination device is a light emitting diode
2	("LED").
1	3. The footwear of claim 2 wherein said power source is a battery.
1	4. The footwear of claim 3 wherein said sole further includes mirror material located
2	behind said translucent sole insert for reflecting said externally visual light through said
3	translucent sole insert.
1	5. The footwear of claim 3 further including an effect device in said translucent sole
2	insert.
1	6. Footwear incorporating an illumination system, said footwear comprising:
2	a sole;
3	a U-shaped translucent sole insert including a sole illumination device capable of
4	providing externally visible light;
5	a heel;
6	a translucent heel insert including at least one heel illumination device capable of
7	providing externally visible light;
8	a control processor capable of altering the visual characteristics of said externally
9	visible light provided by said sole illumination device and said heel illumination device; and

10	a power source for providing power to said sole illumination device, said heel
11	illumination device and said control processor.
1	7. The footwear of claim 6 wherein said illumination device is a light emitting diode
2	("LED").
1	8. The footwear of claim 7 wherein said power source is a battery.
1	9. The footwear of claim 8 wherein said sole further includes mirror material located
2	behind said translucent sole insert for reflecting said externally visual light through said
3	translucent sole insert.
1	10. The footwear of claim 9 wherein said heel further includes mirror material
2	located behind said translucent heel insert for reflecting said externally visual light through
3	said translucent heel insert.
4	11. The features of claim 9 forther including an effect device in said translational sale
1	11. The footwear of claim 8 further including an effect device in said translucent sole
2	insert.
1	12. Footwear incorporating an audio/visual system, said footwear comprising:
2	a sole;
3	a translucent sole insert including at least one illumination device capable of
4	providing externally visible light;
5	a speaker;
6	an audio/visual control processor capable of altering the visual characteristics of said
7	externally visible light provided by said illumination device, and, capable of generating an
8	audio signal displayed by said speaker; and,
9	a power source for providing power to said illumination and said audio/visual control
10	processor.

1	13. The footwear of claim 12 further comprising a pressure switch located in said
2	sole for activating said audio signal when pressure is exerted on said pressure switch by a
3	wearer of said footwear.
1	14. The footwear of claim 13 wherein said audio/visual control processor is
2	comprised of a microprocessor and programmable read-memory ("PROM").
1	15. Footwear incorporating an interactive illumination system, said footwear
2	comprising:
3	a sole;
4	a translucent sole insert including at least one illumination device capable of
5	providing externally visible light;
6	at least one sensor located in said sole for sensing information about the physical state
7	of a wearer;
8	a sensor control unit for processing said information about the physical state of said
9	wearer;
10	a control processor capable of altering the visual characteristics of said externally
11	visible light provided by said illumination device in response to the physical state of said
12	wearer; and,
13	a power source for providing power to said illumination device, sensor control unit
14	and said control processor.
1	16. The footwear of claim 15 wherein said sensor is a pulse monitor.
1	17. The footwear of claim 15 wherein said sensor is a temperature monitor.
1	18. The footwear of claim 15 further comprising:
2	a heel;
3	a translucent heel insert including at least one illumination device capable of

providing externally visible light;

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- at least one sensor located in said heel for sensing information about the physical state of a wearer.
- 1 19. The footwear of claim 18 wherein said sensor is a pulse monitor.
- 1 20. The footwear of claim 18 wherein said sensor is a temperature monitor.